



Let's play, learn and grow together



Supporting parents and caregivers with children birth to five years with early learning and development at home

Let's go **measure** and have **fun**

MEASUREMENT

Cooking is a great measurement activity for children of all ages. It gives children many opportunities to learn how to count, measure, add and guess. Even at a young age she might just be watching and listening to you as you prepare a meal. She could be encouraged to help you with the cooking by simple counting, filling, stirring and pouring. Measuring at such a young age builds a foundation of information for future mathematics learning.



Today's shape is the **HEART**



Bend a toilet paper roll into a heart shape. Put a little coffee in a small dish with a little water. Stamp a bunch of hearts onto paper. If you have items with hearts, show your child and talk about the shape.



BOOK OF THE DAY

Vuyo is a book with no words (only pictures) about a day in the life of a baby called Vuyo. 'Read' each page with your child and make up a story for each picture. Ask him what he thinks is happening in the pictures.



Download the story for free at: <https://bookdash.datafree.co/books/vuyo-by-michelle-preen-mieke-van-der-merwe-jessica-janutsch/>

SOURCE: Bookdash

Learning together is **FUN**

Here are some playful activities to do with your young child today (and other days too)

Getting active in the morning

Squishy sponges: Give your child some soaking wet cloths or sponges with which to play outside. Let her wash part of an outside wall or bench, or even stamp wet cloth or sponge-shapes onto the wall. Show her how she can squeeze the cloth or sponge to make the water come out - this builds physical skills in her hands and fingers. These 'important' tasks, like washing the wall or bench, will help her feel like a helpful member of the family. As with all water activities, please watch her carefully as she plays.



NEW



ECDmobi is a **FREE** application (App) that provides parents with ideas to support their children's learning through play according to their age. It is fun and playful and based on the DBE's *National Curriculum Framework for Children birth to four years*. You can find it in the **Google Play** (search for ECDmobi) or the **DBE's Cloud** at: <https://dbecloud.org>. Registering on **ECDmobi** is **FREE**.

For PARENTS

PLAY AND READ

Play is one of your child's basic needs. Even when they are sick, they want to play! Even when your child is sick, she will want to play, even though she is fighting an illness. However, if you are sick with coughing or a fever, remember to wash your hands very often with soap and clean water and cough into your elbow. If you cough into a tissue, make sure that you throw the tissue away. Even though you are sick, your child will want to play with you. Read her stories, play quiet games as you build up your energy. Wear a cloth mask that you made yourself.

Younger than 18 months

Baby crawls and **experiences distance**; he explores objects and experiences 'big and small', 'heavy and light' and 'depth' as he reaches into cupboards to grab an object.

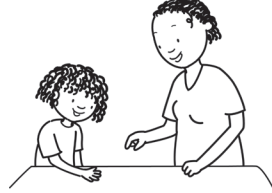
Fill a few empty containers that can close (empty cold drink bottles for example) with something that makes them a little heavier. Rice can be quite fun, as it will also make a sound. Make sure the container is closed tightly.

Your baby develops his large muscles when he crawls. He will be hearing, seeing and feeling different shapes, colours and sounds, which will help him later in developing his understanding of 'big' or 'small'.



18 months to 36 months

Give your child the opportunity to **measure things** using different objects. She can use her hands to measure how long the table is. When she is done, she can say, "The table is 6 hands long."



She can practise measuring different things around the house with her hands, a spoon or with some string. Each time let her say how long the object is, for example, "The bed is 10 spoons long." She can also measure how many cups of water go into a bowl. Again, let her say, "There are 3 cups of water in the bowl."

Doing measurements in a playful manner is a fun way to learn and understand the meaning of words, while it also lays an important base needed for mathematics.

3 to 5 years

Find a space on an empty wall where you can **measure the height of your child** (or all the children in the house).



Make a mark at the height of the child. Talk about 'tall', 'taller than', 'short', 'shorter than.' You can then ask them to line up in a row from the tallest to the shortest. Discuss who is the tallest and who is the shortest. She will begin to understand the concepts of 'height' and 'comparison', which will give meaning to language. It will also develop an important base for mathematics later on.

HEALTHY HABITS

Do things together as a household.

Remember to keep it **PLAYFUL** and **FUN**. That is how young children learn.

